

Families Exercise

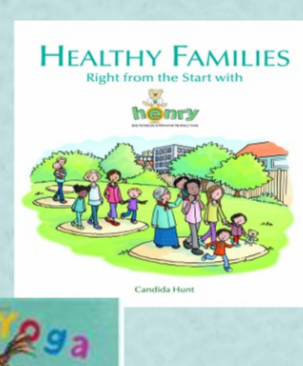
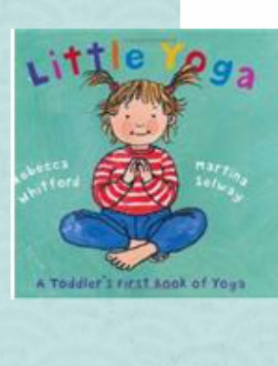
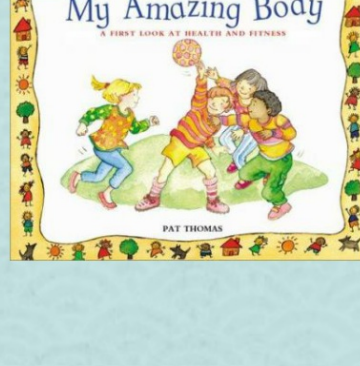
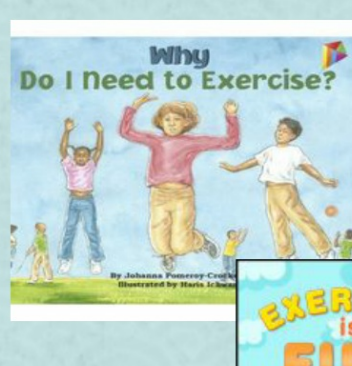


5 Fast Facts!

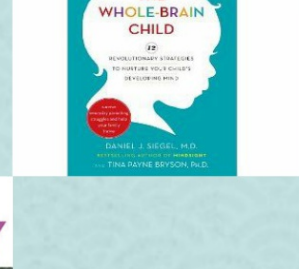
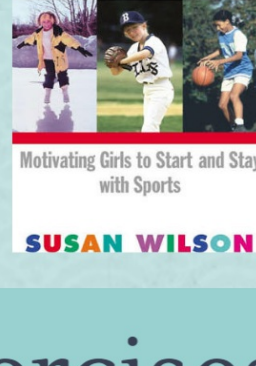
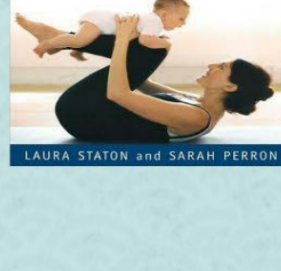
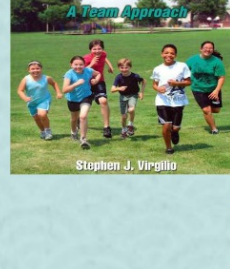
*Most kids don't get enough exercise during the school week. Try some family exercises together to help make it a habit!

1. Exercise strengthens the bones, lungs, and heart!
2. Exercise reduces blood sugar levels.
3. Exercise helps prevent cancer.
4. Exercise improves energy levels.
5. Exercise enhances emotional well-being.

Children's Books!

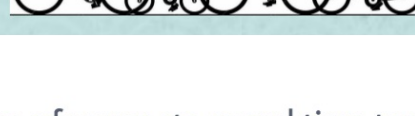


Parent Books!



5 Fun Family Exercises!

Bike Riding



- Family bike rides are a fun way to spend time together!
- It is important to remember to always set a good example by having everyone wear helmets, closed-toe shoes, obey traffic rules, and choose a safe route.
- Safety is key when riding with children as a family!

Note:
Encourage the children while they're riding their bike! We want everyone to be enjoying themselves and having fun, but sometimes bike riding can get frustrating. Just breathe, smile, and keep up the good work!

Basketball & Soccer

- Basketball and soccer are fun activities that can be played in the driveway, backyard, local park, or schoolyard!
- Begin by teaching the basic rules for each game that fits the comfort level for your family.

Note:
All you need is the ball! Get creative and create alternative hoops or goals if you don't have immediate access to a basketball hoop or goalie net.



Walking

- Go for a walk around the neighborhood, apartment complex, the park, the schoolyard, or even on a trail!
- Going for a walk is a great way to spend some quality time together, lead by example, get to know neighbors, and get to know each other!

Note:
Families can exercise together by simply going on a walk together!



Yoga

- Yoga is a great way to practice simple poses together as a family and gives the adults the opportunity to model and lead by example.
- Examples of some beginner yoga poses for families are Mountain pose, Crescent Moon pose, Rag Doll pose, Frog pose, Butterfly pose, and many more!

Note:
Yoga is an activity that people tend to shy away from - just remember to breathe, smile, and have fun together!

Websites for Children!



1. Kids.USA.GOV
<https://kids.usa.gov/exercise-and-eating-healthy/index.shtml>



2. KIDNETIC
<http://www.kidnetic.com/>



3. Adventure to Fitness
<http://adventuretofitness.com/>



4. Go Noodle
<https://www.gonoodle.com/>

5. Playnormous
<http://www.playnormous.com/>



Websites for Parents!

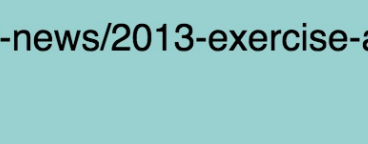
1. PBS PARENTS
<http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/keep-kids-active/>

2. FIT FAMILY TOGETHER
<http://fitfamilytogether.com/>



3. NOURISH INTERACTIVE
<http://www.nourishinteractive.com/parents>

4. RAISING CHILDREN
http://raisingchildren.net.au/articles/your_health.html/context/303



5. BRIGHT HORIZONS
<http://www.brighthorizons.com/family-resources/e-family-news/2013-exercise-and-the-working-parent/>



Footnotes

(n.d.). Retrieved March 23, 2016, from <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/family-fitness/10-benefits-of-physical-activity>
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